

Be careful of heat strokes!

※ Sunday 7 July and Wednesday 10 July –
there have been two cases of heat strokes on Komaba Campus.

Everyday Precautions

- (1) Avoid the heat as much as possible.
- (2) Dress appropriately for the weather.
- (3) Drink water regularly.
- (4) Beware of days when the weather suddenly gets very hot.
- (5) Build stamina to cope with the heat.
- (6) Be wary of personal conditions.
- (7) During group activities, be considerate towards each other.

Let's make sure we always get plenty of water and salt when playing sports.



Heat stroke preventions during sports

- (1) Pace your activity in accordance with the weather.
- (2) Drink water regularly.
- (3) Have scheduled breaks and gradually adjust your body to the heat.
- (4) Be wary of personal conditions and state of health.
- (5) Dress lightly and wear a hat/cap to avoid direct sunlight.
- (6) Take early measures if you start to feel unwell.

Emergency Contact

Daytime on weekdays: Student Support Division, College of Arts and Sciences (Administration Building 1F)

TEL: 03-5454-6074

Outside these hours: Gatehouse (Main Gate)

TEL: 03-5454-6666